

LONDON

metro




THERE'S A POWER OF GOOD IN SEA OF MONSTERS
YOU DON'T HAVE TO BE A DEMIGOD TO BE STRONG,
SAYS PERCY JACKSON STAR
ALEXANDRA DADDARIO

PAGE 8

Laurence Goldwater • July 20 • Burlington



\$11 million winner

NEWS WORTH SHARING.



Tiny birds set moms-to-be all aflutter

Clamour for Prince George's baby blanket crashes small company's website

PAGE 6

Taking his own 'special place' at LEDC

Meet Kapil Lakhota, the new man at the helm of London's economy

PAGE 2

If it walks like a Duck Dynasty...

Farmtown says local kids to benefit from reality TV star's appearance at event

PAGE 3



STICK TO YOUR RIBS LIKE A BOSS

Boss Hog's crewman Dave Rickman of London goes to battle on the barbecue Monday during the final day of Ribfest. Always hootin', always hollerin' and always playing to the crowd, Boss Hog's walked away with the Metro Showmanship award. Judge's choice for best ribs went to Silver Bullet; Boss Hog's earned a nod for best sauce; and Route 55 earned the award for best display. For more winners, check [metronews.ca](#). ANGELA MULLINS/METRO

London piper gives last performance

Forest City Celtic Pipe Band. Man had 'lifelong love' of the bagpipes

A London man who collapsed minutes after performing with the Forest City Celtic Pipe Band at the Glengarry Highland Games died doing what he loved, his son-in-law said.

Bruce Jones was 62. He fell ill immediately after the Saturday performance in Maxville and went to seek medical aid. He made it to the paramedics' tent on the grounds before he collapsed.

Jones was rushed to the hospital, where he was pronounced dead.

Marcus Becker, who is married to Jones's daughter, Erin, said the family has suffered a great loss. But, rather than mourn him, they're trying to remember the marvellous life Jones lived, the joy he shared with a mischievous sense of

humour, and a lifelong love of bagpipes.

"He was a wonderful, very compassionate man and a hard worker," Becker said. "He'd been piping since he was five or six."

The shock of his passing was softened slightly by its circumstances. An official cause of death has not been made public.

"He just came off of the competition field, and that's when he collapsed," Becker said. "So, he died doing what he loved the most, and in a way that gives us some kind of solace."

Jones was also a valued member of the London Fire Fighters Pipe Band for many years and played with the Argyll and Sutherland Highlanders of Canada veterans band in Hamilton.

The funeral will be Friday at P.X. Dermody Funeral Home in Hamilton.

SCOTT TAYLOR/METRO

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Meet the new face at the helm of London's economy

'A special place.' Kapil Lakhotia focuses on diverse opportunities for the Forest City



MIKE DONACHIE

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For years, it's been his job to encourage new employers to pick London.

Kapil Lakhotia tells them it's "a special place," and, now, he has his own special place as the interim general manager of the London Economic Development Corp.

The opportunity has arrived with the departure of LEDC president and CEO Peter White off to a job at Western University. Lakhotia officially takes on his new post Tuesday.

Already during his time with the organization, he's overseen the arrival of companies including the Dr. Oetker food processing plant, manufacturer Arvin Sango and the Spanish food company Natra. He's determined, he said, to keep grabbing opportunities.

It's all about the mix, he says, and about what London can offer.

"London is really quite a special place," Lakhotia said.

Who is Kapil Lakhotia?

- Born in India, he studied economics as an undergraduate at Western University and for a graduate degree at Waterloo University.
- He went on to teach at Kings University College and has been with the LEDC for more than 10

"When I meet investors I tell them it's a really big town with a small-town feel."

"We've got a lot of internationally recognized companies here, a lot of good employers, but we have a lot of the benefits you'd expect from a small town."

"There are quick commute times, affordable house prices, a good arts and entertainment scene and so on. That work-life balance is what makes London a very special place, in my opinion."

Part of that strength, too, is having a variety of industries in the city. From beer to cereal to chocolate, there is diverse manufacturing, and other sectors like health, construction, automotive companies and scientific research play an important part.

Lakhotia said: "We've done a good job in diversifying our industry base but the challenge would be to continue investigating opportunities to further diversify our employment base. London is fortunate to have a good mix of sectors."

The plan is to keep that diverse mix going, and Lakhotia's message to government is clear: "London is a very strong player in the Ontario economy."

"Politicians need to keep a focus on London as a significant centre of economic activity."



Kapil Lakhotia, who has been with the London Economic Development Corp. for more than 10 years, takes over as interim general manager on Tuesday. MIKE DONACHIE/METRO

'Police involved.' SIU probes Oneida shootout

Ontario's police watchdog is investigating a shooting in the Oneida First Nation territory near London.

The Special Investigations Unit says one man was taken to hospital with gunshot wounds after what is described as a "police-involved" shooting on Saturday morning.

Ontario Provincial Police

had been investigating a robbery that occurred the day before. The SIU says police received information that a suspect was driving around the territory with a loaded gun.

The SIU says the OPP and the man exchanged gunfire.

The SIU has assigned four investigators and two forensic investigators to probe the incident. **THE CANADIAN PRESS**

Investigation

Electrocution victim identified

Police have identified Jeremy Bowley, 21, as the London man who died of electrocution while putting up a party tent near Watford.

He was working for Signature Events Rental Centre of London when the incident happened. Lambton County OPP and the Ministry of Labour are investigating. **METRO**

Fitzroy Place

Toddler found in backyard pool dies

Police are investigating what's believed to be the drowning death of a two-year-old, London's first of the summer.

An ambulance was called to Fitzroy Place about 3:35 p.m. Friday after a child was believed to have been found unconscious in a backyard pool. **METRO**

Taken to hospital

Man stabbed, robbed in east London: Police

Police are investigating after a man was stabbed in the stairwell of an apartment building near Langdon Road and Farnsborough Crescent Sunday night.

The man was taken to hospital with non-life threatening injuries. **SCOTT TAYLOR/METRO**

In Chicago. London firefighter chases down alleged purse snatcher

Gary Martin didn't set out to be a hero — he just thought a man's handbag clashed with his footwear.

But that snap fashion judgment, and his firefighter's build, led the London man to chase down an alleged mugger and retrieve an elderly woman's purse while on vacation in Chicago last week.

Chicago police say the woman was getting off an elevator after a doctor's appointment when a man snatched her bag in broad daylight.

Martin was trying on a Cubs hat at a Michigan Avenue boutique when he heard a woman scream, "My purse! My purse!"

Then he saw the alleged thief race by.

"I thought maybe he shouldn't be carrying a floral purse," Martin said from his Windy City hotel room. "It didn't match his shoes."

The firefighter took off running.

"He was close enough that I could catch him," Martin said. "I just wanted the woman to get her purse back, that's all."

When Martin caught up to the man, he tackled him to the ground. He didn't resist.

"Once he was pinned down, he didn't have any fight," Martin said.

Then Martin and another man dragged the assailant back to the lobby. The woman was there, purseless and hopping mad.

"She was screaming at him as we dragged him ...

All for charity

Decals to spread some sunshine

Local Winners and HomeSense stores are helping the Sunshine Foundation of Canada spread a little warmth this summer.

People can buy Sunshine decals at the local stores through Sept. 1 with all proceeds going back to the foundation. Decals cost \$2, \$5 or \$10.

Stores will also donate \$5 toward the upcoming London DreamLift to Disney initiative for each person who shares #SpreadSunshine on Twitter or shares the message on Facebook.

METRO

'O yeah, real hero'

Buddies giving him a hard time

Gary Martin's firefighter buddies had already started giving him grief before he even returned home, thanks to his picture appearing in the Chicago Tribune.

"I'm gonna take a beating for this," he said. "I didn't think this was coming back to Canada."

"O yeah, real hero," one texted him.

Other messages, he said, were too profane to share.

"Why did you do that? What were you thinking?" Martin recalled.

The woman, who Martin guessed is in her 70s or 80s, thanked him but left quickly. "She was pretty shaken up."

Police have charged Gregory Froggs, 49, with felony robbery. His bail was set at \$250,000, the Chicago Tribune reported.

Apart from dabbling in heroism, Martin and his girlfriend have been doing all the usual Chicago activities.

"It's been awesome," he said. "We went to a Cubs game, a couple museums, a couple tours. We did the whole tourist thing."

TORSTAR NEWS SERVICE

Shirts off

Firefighters raise \$50K with calendar

Some beefy London firefighter bods have rounded up a hefty donation for the London Health Sciences Foundation.

The firefighters' 2013 Hall of Flame Calendar — which features some of London's finest with shirts off and, in some cases, oiled up — raised \$50,000 for the foundation, officials say.

Proceeds will be split evenly between the Massel-Cruickshank Breast Cancer Patient Assistance Fund and Prostate Cancer Research at London Health Sciences Centre.

METRO

Charity quacks at city over Duck Dynasty fundraiser

Reassurance.

Farmtown Canada insists its services are for Londoners, even though it's not based in the Forest City

MIKE DONACHIE
mike.donachie@metronews.ca

The charity behind a reality TV star's visit to London is reassuring councillors that it's worthy of their support.

Farmtown Canada is bringing Jase Robertson, part of the family who appear in Duck Dynasty, to a fundraising event at Budweiser Gardens on Oct. 12.

But Coun. Joni Baechler spoke up at a recent council meeting to express concerns the children's charity isn't based in London, despite using one of this year's five City of London Days, when Bud Gardens is given over to good causes in the city.

Although Baechler was very clear that she supported such a good cause, she was worried it would mean the City of London Days would be open to anyone.

Now, Kelly Franklin, director of Farmtown Canada, has written to all city councillors to explain the charity really does benefit young people in the Forest City.

She wrote: "As you are responsible to the City of London, we would like to remind you of our work specific to London and his-



Children line up outside a school bus Friday as they leave Clarke Road en route to Farmtown Canada. CONTRIBUTED

How it helps

- Farmtown Canada says more than 4,500 children and young people have used its programs, camps and services in its seven years as a charity.
- More than 75 per cent of

them were from London, the charity says.

London children have been bused to camp from areas including Pond Mills, Dundas/Adelaide, Clarke Road, Kipps Lane and White Oaks.

information is helpful and reinforces your decision to support our agency," Franklin added. "With your sup-

port, we are hoping for a positive financial response to support more children and youth."

'Excited' Sattler says the work starts now



Peggy Sattler CONTRIBUTED

Peggy Sattler spent weeks talking to people in the lead up to the London West byelection.

But what's the first thing she's going to do as the riding's new MPP? She's going right back out to talk to the people again.

"I'm excited," said the mother of two and a Thames Valley District School Board trustee for the last 13 years. "I am honoured, and I am determined to move forward and give the people of London West the kind of representation that they de-

serve and they expect from their elected MPPs."

Sattler and the New Democrats wrestled London West from the Liberals' grip Thursday in a decisive win.

The first order of business after the election was sleep, Sattler said. After a byelection campaign, and before that a contest to win the NDP nomination, she was planning to give her family some time.

Then there's the formal process of becoming an MPP.

But, politically, what's

the first task?

Sattler said: "The people of London West have been without a voice at Queen's Park since February (when Liberal Chris Bentley resigned in the wake of the gas plants scandal) and they need some representation."

"My first priority will be to get the constituency office up and running. I'd look to do some proactive outreach with the community because we need to listen before we can represent people's concerns."

MIKE DONACHIE/METRO

New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the

night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

She said the snake was later captured and was in the possession of police.

Rogers-Marsh said autopsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were related.

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday. **THE CANADIAN PRESS**

Brazil. Petition calls for return of Chico the pet monkey to adoptive family

When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thousands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of

Nature's Red List of threatened species, as the tufted capuchin monkey has been.

But the Carmona family contends Chico is completely domesticated and might not survive the stress of separation.

When the officers came to their house in the city of San Carlos on Saturday, Chico grabbed onto Carmona and hugged her tight, one of the woman's sons, Everaldo Furlan, told the Globo television network.

Carmona said she was devastated when he was pulled away.

THE ASSOCIATED PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for \$100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my nerves."

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end loader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated.

THE CANADIAN PRESS



A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade in Vancouver on Sunday. Anti-gay laws in Russia have provoked strong protest from Canada's gay community, and anti-Russian sentiment was visible throughout Sunday's parade. **DARRYL DYCK/THE CANADIAN PRESS**

LGBTQ attacks in Russia nothing new

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

JARED STORY
For Metro in Winnipeg

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary *Beyond Gay: The Politics of Pride*, followed the then-president of the Vancouver Pride Society to various international Pride

events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homo-

phobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay rights activists. At least eight of the anti-gay protesters made it past the police barrier and purportedly punched activists to the point of bleeding.

The violence toward gays in Russia comes in the wake of a contentious new law imposing fines on people accused of spreading "propaganda of non-traditional sexual relations."

"The aggression towards LGBTQ people in Russia has always been very active," Coolen said. "The difference the new law has made is that it has basically given permission to the hate-mongers to act openly violently towards LGBTQ people."

Like 1936 Olympics?

Standing up

As a co-founder of the first ever Pride House at the 2010 Winter Olympics in Vancouver, Ken Coolen said he's dismayed Russia will enforce its gay propaganda laws at the upcoming Sochi Games.

"I hesitate to make this comparison, but in 1936 the Olympics were held in Germany and people chose to look the other way and we saw how horrifically that turned out."

"We need to make sure that we stand up for the human rights of others."

Pageant winner accused of throwing bombs

A young beauty pageant winner in the U.S. is accused of throwing makeshift explosives from a car.

Kendra McKenzie Gill — recently crowned Miss Riveron, Utah — and three other 18-year-olds were arrested Saturday after allegedly throwing the homemade bombs at least nine times.

Police said they admitted

buying plastic bottles, aluminum foil and household chemicals before assembling the devices.

"They were throwing them at both property and people," Unified Fire Authority Capt. Clint Mecham told KUTV-TV, adding that nobody was injured. "This goes well beyond a teenage prank."

Fire officials said the de-

vices — which can spew caustic chemicals and shrapnel when they burst — can be dangerous.

"They can do a great deal of damage to property," Mecham told KSL-TV. "They can sever limbs. They can even kill people."

Gill was booked on suspicion of 10 counts of detonating an incendiary device.

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Kendra McKenzie Gill

THE ASSOCIATED PRESS/SALT LAKE COUNTY JAIL



A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product held in London, England, Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

One year later, Curiosity sets sights on lofty goal

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

"We do a lot of off-roading on a lot of little dirt roads," said mission manager Jennifer Trosper.

Scientists have been eager for a peek of Mount Sharp since Curiosity, the size of a small SUV, touched down in an ancient crater near the Martian equator on the night of Aug. 5, 2012.

The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.



Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Once the euphoria of landing wore off, the six-wheel, nuclear-powered rover went to work, spending two months testing its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity's instruments to play Happy Birthday as the rover took a break from driving.

Scientists initially hoped to head to Mount Sharp late last year, but decided to take a detour to an intriguing spot

near the landing site where three different types of terrain intersected.

Curiosity discovered rounded pebbles — clear evidence of an ancient streambed. It also fulfilled one of the mission's main goals. By drilling into a rock and analyzing its chemistry, Curiosity concluded that Gale Crater possessed the right environmental conditions to support primitive life. It's not equipped to look for microbes, living or extinct.

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Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.

Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London, U.K., said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder

of Google, appeared on a video shown at the event and announced that he funded the \$330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

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What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.

One-ton swim

'Sink like a brick' no longer applies

Long-distance swimmer Jim "The Shark" Dreyer jumped into Lake St. Clair near the Michigan-Canada border on Monday to begin what he hopes will be a 22-mile success story — all while hauling a ton of bricks.

Thirty hours later, Dreyer plans to come ashore on Tuesday afternoon at Detroit's Belle Isle and finally beach his two dinghies filled with 334 bricks.

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Hey baby — who are you wearing?

Royal sales boost.

New York-based swaddle maker is swamped after Prince George is pictured wearing its birdy product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within



Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds.

THE ASSOCIATED PRESS FILE

one who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about \$71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders, after photographers zeroed in on the firm's label, blew it up and posted it online.

THE ASSOCIATED PRESS

four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

The company never even issued a press release. Any-

Beauty products. Revlon buys Colomer for \$660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about \$660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about \$315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently li-

censes from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme de Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon Color-Silk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

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Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs.

THE ASSOCIATED PRESS

Play Doh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

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Publishing

3 Boston Globe bidders say they beat sale price

Three bidders who fell short in their attempts to purchase The Boston Globe say they offered more than Boston Red Sox owner John Henry's winning \$70-million US bid and criticized the decision of the seller, The New York Times Co., to make a deal with him.

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MOVING BACK HOME IS NOT SO YUCKIE

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Un desirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nose-dive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling



SHE SAYS
Jessica Napier
metronews.ca

36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement

savings in the process.

At certain life junctures — graduations, breakups, babies —

many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards, rather than forward, it doesn't have to be that way.

When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family, and myself, and I developed a new appreciation for my parents as interesting adults, not just mom and dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Q&A

Old meanings stripped

What is the idea behind your photographs?



NICK ALBERTSON
Artist and photographer, 29,
based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This aesthetic

references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but

I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

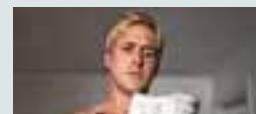
Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS



SCENE 2

08

SCENE

metronews.ca
Tuesday, August 6, 2013**DVD reviews****The Place Beyond the Pines****Director.** Derek Cianfrance**Stars.** Ryan Gosling, Eva Mendes, Bradley Cooper

•••••

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for *The Place Beyond the Pines* — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (*Blue Valentine*), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, *The Place Beyond the Pines* flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL**To the Wonder****Director.** Terrence Malick**Stars.** Ben Affleck, Olga Kurylenko, Rachel McAdams

•••••

The heart needs no narrative; it just wants what it wants. Terrence Malick intuits this, and expresses it majestically and almost silently in this surprisingly swift followup to *The Tree of Life*, parts of which are actually incorporated into this film. Ben Affleck plays an Oklahoma man who finds a woman (Olga Kurylenko) and passion in Paris; their stateside return brings domesticity, regrets and Affleck's involvement with a woman from his past (Rachel McAdams).

PETER HOWELL

Doctor Who. From the playground to the screen

Peter Capaldi has been named as the 12th actor to play Doctor Who, the main character of the long-running science-fiction series of the same name, replacing Matt Smith, who has played the role for the past four years.

"It's so wonderful not to keep this secret any longer," Capaldi says. "I haven't played Doctor Who since I was nine on the playground." The an-

nouncement was made during a live special on the BBC, offering a glimpse of the series' upcoming 50th anniversary special. Capaldi himself won't make his first appearance until the 2013 Christmas Special. Scottish actor Capaldi is best known as the foul-mouthed political fixer Malcolm Tucker in the TV series *The Thick of It* and its movie spin-off, *In the Loop*. **NED EHRBAR/MWN**

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson.

Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW

scene@metronews.ca

When the bulky-dubbed adventure flick *Percy Jackson and the Olympians: The Lightning Thief* hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would

see a sequel.

"*Percy Jackson* was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than \$225 million worldwide. That would surely be enough to convince

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of *Percy Jackson: Sea of Monsters*

all involved to return with the sequel *Percy Jackson: Sea of Monsters* — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about

the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Box office

2 Guns pulls ticket sale trigger

2 Guns is No. 1 at the weekend box office. The film, starring Denzel Washington and Mark Wahlberg, captured the top spot with \$27.4 million, according to studio estimates Sunday. Fox's Japan-set superhero flick *The Wolverine* starring Hugh Jackman scratched out the No. 2 spot with \$21.7 million in its second weekend. **THE ASSOCIATED PRESS**



Peter Capaldi has been named as the 12th Doctor Who.
CONTRIBUTED



Simon Cowell ALL PHOTOS GETTY IMAGES

Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occasions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."



Lindsay Lohan

Lohan unleashes some mean girl on KStew while sitting in for Lately

Lindsay Lohan may be walking the straight and narrow following her stint in rehab, but that doesn't mean she's going to be nice now. The troubled actress made her first appearance as a guest host for *Chelsea Lately* and decided to kick things off by mocking Twilight star Kristen Stew-

art. "I'm just excited that Kristen Stewart, you know, finally showed some emotion," Lohan offered while discussing a photo in which Stewart is seen yelling at a photographer. "Of course she hates photographers. They got a picture of her kissing a married man in a Mini Cooper."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Of cheezy Chads, messed-with Mileys and much-too-famous felines



STARGAZING

Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices.

There is now a line of Grumpy Cat coffee called Grumpuccino. That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the \$695 peasant dress for sale on her website.



Taylor Swift

It don't mean a thing if it ain't worth some sing

Fair warning to potential Taylor Swift suitors: The singer-songwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writ-

ing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."



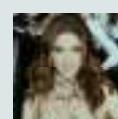
Penelope Cruz and Javier Bardem

Our baby has a first name, it's L-u-n-a!

Penelope Cruz and Javier Bardem's newborn baby girl reportedly has a name, and it's Luna Encinas Cruz, according to Spanish magazine *Vanitatis*. The magazine reports that the happy couple

registered the new baby at Madrid's registrar office last week, though the actress' rep has not commented on the baby's name. Cruz and Bardem also have a two-year-old son, Leonardo.

Twitter



@AnnaKendrick47

Now, my problem w/ being awake at 3:30am is less that it's 6 hours before work and more that it's 4 hours before they serve any food #jetlag



@JimCarrey

Here's what they left out of *The Secret*. You can manifest anything in the world but first you have to convince yourself you deserve it.



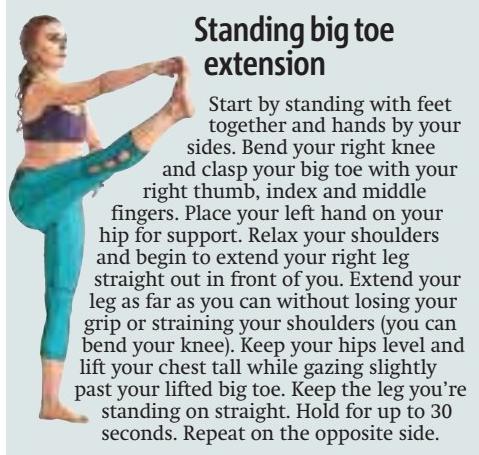
@Oprah

Have u meditated yet? If so tweet tweet me!

Don't lag on these poses

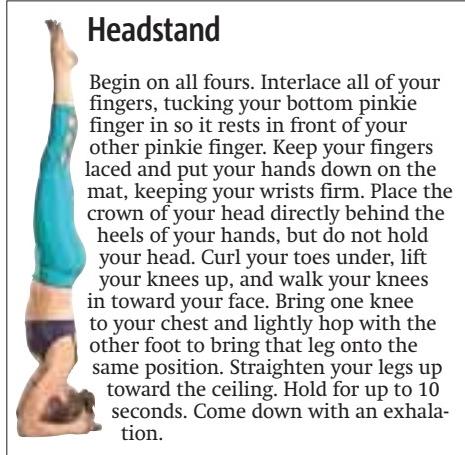
Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS



Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.



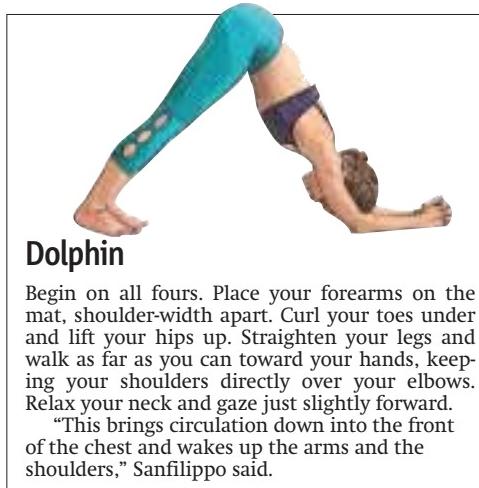
Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation.



Wild thing

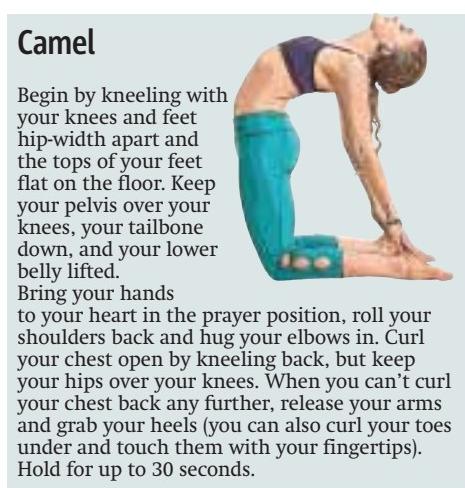
Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.



Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.



Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.



Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs," Sanfilippo said.

Get the rub on medical massages

Health. Boris Prilutsky, a massage therapist, gives Metro a hands-on look at how treatment can cure a number of ailments

Sure, a massage is a great way to relax and enjoy some tranquility — but could it also boost your health? It can, says Boris Prilutsky, a massage therapist who has studied massage's health benefits for more than four decades.

Medical massages are a little different from therapeutic massages, and Prilutsky says that they work wonders.



Massages are not just for reducing stress. ISTOCK PHOTOS

There are "more than 60 scientifically developed and clinically proven hands-on protocols" to improve back, neck and leg disorders.

That's on top of the massage's ability to reduce stress and anxiety. We wanted to know more from the massage maestro.

How did you discover that medical massage could improve one's health?

During my career I have provided thousands of treatments for people who have suffered from sports-related injuries, chronic musculoskeletal disorders, tension headaches, anxieties, etc. At least 80 per cent of the cases had successful outcomes and sometimes I have been able to prevent surgery and/or corticosteroid injections.

How is the technique of a medical massage different from a therapeutic massage?

Medical massage procedures are scientifically developed step-by-step protocols. The therapist must dedicate 50

per cent of the procedure time to kneading techniques, trigger-point therapy techniques, compressions techniques.

Do patients have control over whether they like a firmer or softer approach?

When receiving medical massage, patients have no real control to a firmer or softer approach. However, when applying initial pressure we request feedback if there is not enough pressure.

Who performs medical massage, doctors or therapists?

Licensed massage therapists who are trained how to perform protocols of medical massage can practise this methodology. METRO

Lentil Feta Salad: To add shrimp or not? It's up to you



This salad serves six. ROSE REISMAN



ROSE REISMAN
For more, visit
rosereisman.com or follow
her on Twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.
2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.
3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

er the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?



NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfood.com

Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

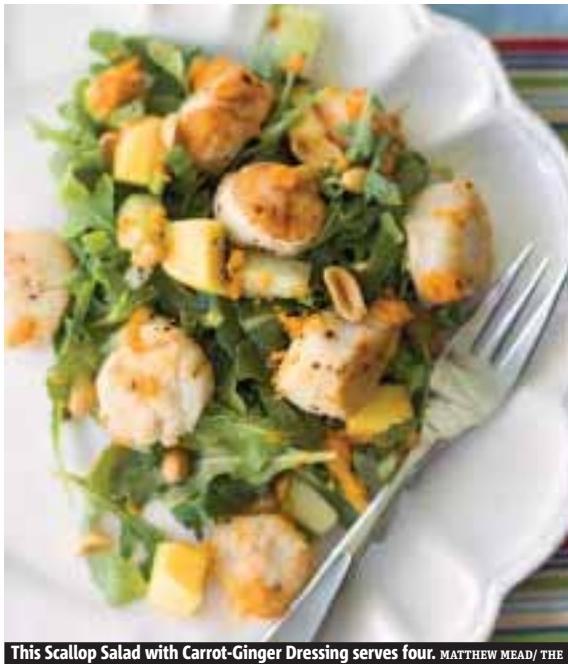
Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife

Foundation.

One of the few farmed fishes that meets this criteria is U.S. Farm-Raised Catfish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Into the sea for salad



This Scallop Salad with Carrot-Ginger Dressing serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup chopped carrot
- 1 tbsp grated fresh ginger
- 4 scallions, sliced, white and green parts kept separate
- 3 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 to 4 tsp chili-garlic sauce
- 2 tsp toasted sesame oil
- 1/4 cup, plus 1 tbsp vegetable oil, divided
- 1/4 cup water
- 1 lb sea scallops, tough muscle discarded and scallops patted dry
- Kosher salt and black pepper
- 1/2 cup all-purpose flour
- 6 cups arugula
- 2 cups chopped cucumber
- 1 mango, peeled, pitted and chopped
- 1/2 cup toasted peanuts

pan. Reduce heat to medium and cook the scallops until they are just cooked through, about 3 minutes per side.

1. In a blender, combine the carrot, ginger, white parts of the scallions, rice vinegar, soy sauce, chili-garlic sauce, sesame oil, 1/4 cup of the vegetable oil and the water. Purée until very smooth. Set aside.
2. In nonstick skillet over medium-high, heat the remaining tablespoon of oil. Sprinkle the scallops on both sides with salt and pepper, dip them lightly in the flour, coating them on both sides and shaking off the excess, then add them to the
3. Divide arugula, cucumbers and mango among 4 salad bowls. Top salads with scallops, scallion greens and peanuts, then drizzle 3 tablespoons of the dressing over each salad. Serve. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

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Take a picture — it'll last longer! ISTOCK IMAGES

For some couples, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN

Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds after we

said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

Cancer patients, caregivers connect via keyboard

Jim Lennox has been on both sides of the cancer fence — for many years as primary caregiver to his wife, then after her death as a patient himself.

In both cases, Lennox turned to an innovative online support group called CancerChatCanada, based at the B.C. Cancer Agency and operated in partnership with cancer care centres in several provinces across the country.

The program, formally

launched in 2010, allows people with cancer and caregivers across Canada to come together in secure live chat rooms to share their stories and feelings with the help of a trained therapist.

For Lennox, who lives in Chilliwack, B.C., where there were no face-to-face support groups for caregivers, CancerChatCanada was a lifeline at a time when he was struggling emotionally with his wife Susan's metastatic breast cancer.

"It is extremely difficult being a caregiver because you feel so alone," Lennox, 70, said Thursday from his B.C. home. "There's nobody you can share your feelings with. There's nobody you can talk to. You tend to lose friends because they don't know how to deal with you or with the patient."

"So you tend to feel isolated."

Joining the weekly text-only online support group allowed him and the six to

eight other caregivers in the chat room to explore their feelings while remaining anonymous except for first names.

"We talked about all sorts of things — from just doing housework to partners' feelings to sex life. There was no topic that was not covered," he said.

"I looked so forward to Wednesday at one o'clock," Lennox said of his chat room time slot. "It was a release."

THE CANADIAN PRESS



Jim Lennox sits at his laptop computer at his home in Chilliwack, B.C.

DARRYL DYCK/THE CANADIAN PRESS



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Best financial strategy? Go simple



YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose

a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid \$5,000 during the housing renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought

about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

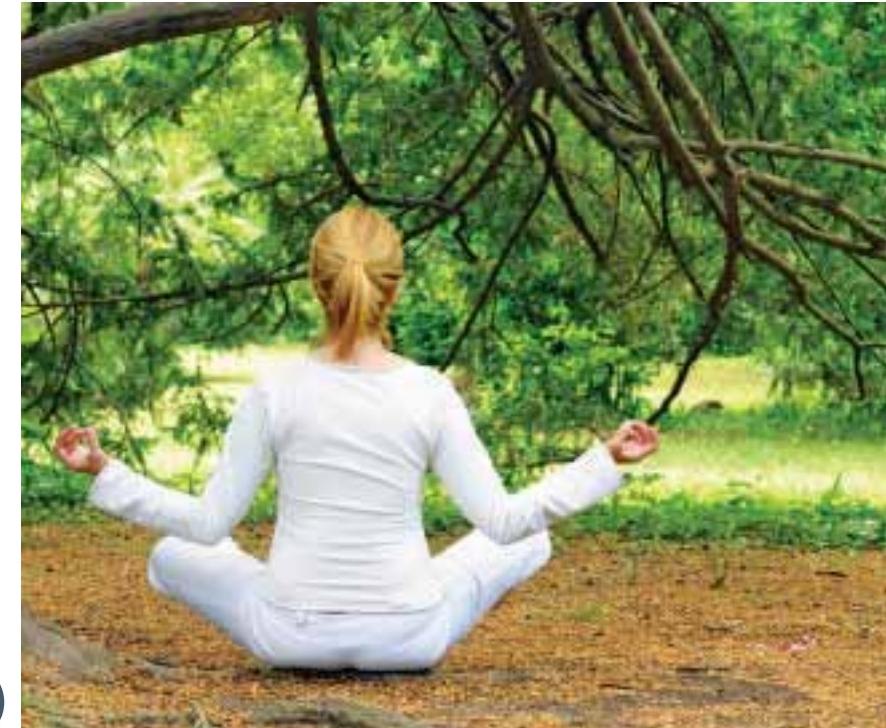
And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES



Women tend to live longer than men, so it's a good idea to have your own will. ISTOCK IMAGES

Five reasons why women should have their own will

Making a will is a sensible and worthwhile task that everybody, whatever their age or financial status, should do. However there are some special reasons why women should make a will of their own.

- Women usually live longer than their husbands, so it's a good idea for each of you to have your own will.

- Planning for children or other dependants is something that women usually want to pay special attention to.

- Taxes and legal concerns (especially if there was a previous marriage or other dependants) should be looked at.

- Many women will want to make special arrangements for the distribution of family heirlooms, jewelry, items of historical or sentimental value, and their own property.

- Continuing the support for charities and organizations that many women sup-

ported during their lifetimes may be a consideration.

With a properly prepared will, you can ensure that:

- Property will be distributed exactly as you would have wished.

- You can name your own executor to administer your estate.

- Guardians of children will be named in the way you want.

- Personal items such as jewelry and antiques will be handled the way you intend;

- Individuals, your church, health charities and organizations like Amnesty International will receive the support you had always intended for them.

How do I start?

If you do not have a will, now is the time to prepare one. While a will does not need to be a complicated document, it is always advisable to contact

a lawyer or trust company to help you. The peace of mind which comes from ensuring there are no small mistakes or omissions which could cause difficulties for your heirs is well worth the costs of such services.

Can I change my will?

Yes, you can always change your will, either completely or by means of a codicil, which is a document that adds to or alters your existing will. You should seek legal advice to do this as requirements vary from province to province.

Should I leave money to a good cause?

Always take care of your loved ones first, but then consider if there are organizations and causes you'd also like to support with your estate. The tradition of leaving money to charities that benefit society and your community is many centuries old. NEWS CANADA

A-Rod to fight PED penalty

Dope boys. Yankee star slapped with lengthiest of several MLB all-star suspensions in wake of Biogenesis scandal

Defiant till the end, Alex Rodriguez is intent on evading baseball's most sweeping punishment since the Black Sox scandal.

Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games apiece Monday when Major League Baseball disciplined 13 players for their relationship to Biogenesis of America, a Florida anti-aging clinic accused of distributing banned performance-enhancing drugs.

The harshest penalty was reserved for Rodriguez, the New York Yankees slugger, a three-time Most Valuable Player and baseball's highest-paid star. He said he will appeal his suspension, which covers 211 games, by Thursday's deadline. And since arbitrator Fredric Horowitz isn't expected to rule until November or December at the earliest, Rodriguez was free to make his season debut Monday night and play the rest of this year.

Sidelined since hip surgery in January, Rodriguez rejoined the Yankees five hours after the suspension in a series

opener at the Chicago White Sox, scheduled to play third base and bat fourth.

"The last seven months has been a nightmare, has been probably the worst time of my life for sure," Rodriguez said.

The other 12 players agreed to their 50-game penalties before they were announced, giving them a chance to return for the playoffs.

Ryan Braun's 65-game suspension last month and previous penalties bring to 18 the total number of players sanctioned for their connection with Biogenesis.

At the centre of it all was Rodriguez, once the greatest player of his time, reduced Monday night to saying that he was humbled, at 38, just to "have the opportunity to put on this uniform again" and adding if he didn't fight for his career, no one else would.

A-Rod's drug penalty was for "his use and possession of numerous forms of prohibited performance-enhancing substances, including testosterone and human growth hormone over the course of multiple years," MLB said.

THE ASSOCIATED PRESS

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez, in a statement on the drug allegations and returning to his team.

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when Commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- As for the modern-day All-Stars, Cruz, an outfielder, leads Texas in homers and RBIs, while Peralta is a top hitter and solid shortstop for Detroit.
- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.



Alex Rodriguez speaks at a news conference before the Yankees played the White Sox on Monday. Rodriguez was suspended through 2014 and all-stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each.

CHARLES CHERNEY/THE ASSOCIATED PRESS

NHL, IceArizona finalize sale of Coyotes



Gary Bettman says he believes in an Arizona NHL team. GETTY IMAGES FILE

The Phoenix Coyotes' ownership saga is over.

The NHL announced the sale of the team to Canadian-led owners was finalized after it was approved by the board of governors Monday.

Once the board of governors voted to approve the sale to the IceArizona group, led by Renaissance Sports & Entertainment's

Anthony LeBlanc and George Gosbee, the league's ownership of the Coyotes was terminated. The NHL had owned the team for almost four years.

"To our fans and partners in the Valley, thank you for your continued loyalty, commitment and patience for the Coyotes," Gosbee said in a statement. "The future looks bright

for our franchise."

The NHL sold the Coyotes to Renaissance for \$170 million US, though there was no certainty about the deal until Glendale, Ariz., completed a lease agreement in early July.

"If (the city council) voted it down, this was the end of the road," LeBlanc said at the time. Instead, the Coyotes have

a 15-year lease at Jobing.com Arena.

"The National Hockey League believes in Arizona as an NHL market and that these new owners can provide the Coyotes the opportunity to secure a stable, long-term future in Glendale," commissioner Gary Bettman said in a statement. THE CANADIAN PRESS

NBL Canada

Jazz pulled from 2013-14 schedule

The London Lightning will have one less opponent this year.

Governors with the National Basketball League of Canada have decided "it is in the best interests" of the league for the Montreal Jazz to sit out the upcoming season, according to a state-

ment released Monday.

Several ownership groups expressed interest in buying the Jazz, but renovations scheduled for this winter at the Pierre Charbonneau Centre complicated matters, the statement says.

"Montreal is a very important market to our league, and we look forward to the Jazz playing in the 2014-15 season," said league president and CEO Andre Levingston.

METRO

Hockey Canada

67s' Monahan leaves his mark at junior camp

Sean Monahan of the Ottawa 67s scored and got the shootout winner as the Red team beat the Whites 3-2 in a scrimmage Monday at the junior hockey team development camp in Brossard, Que. THE CANADIAN PRESS

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to a knee injury for the remainder of the season. Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice. THE CANADIAN PRESS



Jamel Richardson is out for the season. THE CANADIAN PRESS FILE

Horoscopes

Aries

March 21 - April 20

Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

Taurus

April 21 - May 21

You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

Gemini

May 22 - June 21

Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

Cancer

June 22 - July 23

You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

Leo

July 24 - Aug. 23

Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

Virgo

Aug. 24 - Sept. 23

Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

Libra

Sept. 24 - Oct. 23

If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

Scorpio

Oct. 24 - Nov. 22

You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

Sagittarius

Nov. 23 - Dec. 21

You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

Capricorn

Dec. 22 - Jan. 20

No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

Aquarius

Jan. 21 - Feb. 19

There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

Pisces

Feb. 20 - March 20

You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

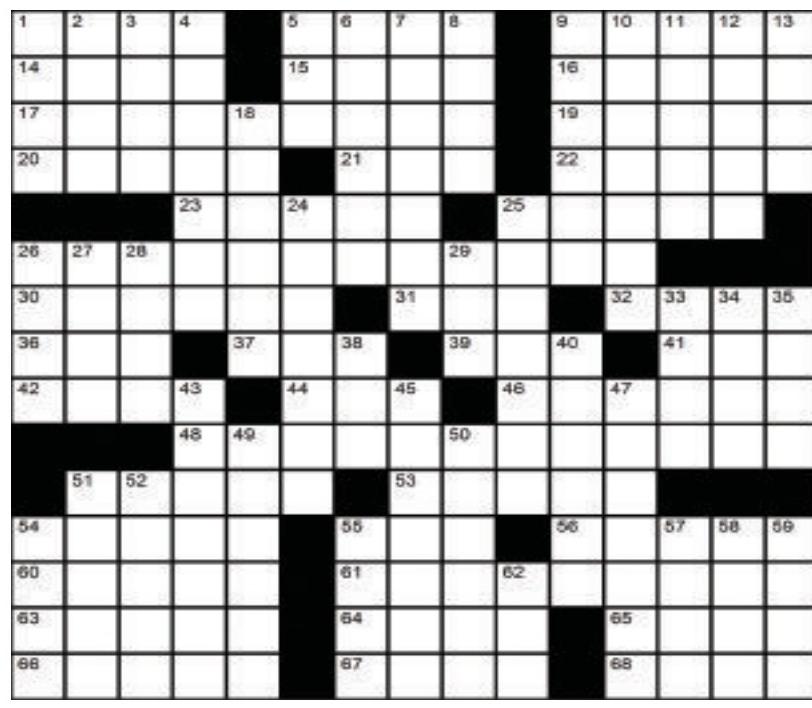
Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. o's telephone letters
15. "____ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.

Down

5. Beach castle material
15. "____ the other hand..."
18. TV talk show sketch on SNL hosted by Mike Myers character Dieter
21. Sleep some
23. Blood, __ & Tears
24. o's telephone letters
25. "____ the other hand..."
26. Habituate
27. Nary __ (Nobody)
28. Sleep some
30. Blood, __ & Tears
31. Full range
32. Canadian airline with a racoon mascot
33. Rice: French
34. John A. Macdonald, and others
35. Uni + Bi = ?
36. Ink-on-skin pic
37. Eggplant, e.g.
38. BC's __ River Hot Springs Provincial Park
39. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
40. "____ the other hand..."
41. Blood, __ & Tears
42. Singer Mr. Cooke's
43. Never: German
44. Our Lady Peace hit
45. BC city; or, third in line to the British throne: 2 wds.
46. "Woe __!"
47. Pandemonium
48. Fishhook line
49. "Avatar" (2009)
50. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
51. Blood, __ & Tears
52. "____ the other hand..."
53. Habituate
54. One __ customer: 2 wds.
55. Pretzels brand
56. "Why should __?"
57. Elliptical path
58. Salary systems: 2 wds.
59. State bordering QC and NB
60. Loved __ (cherished people)
61. Russian refusal
62. "____ the other hand..."
63. "____ the other hand..."
64. "____ the other hand..."
65. "____ the other hand..."
66. "____ the other hand..."
67. Informally fine
68. "____ the other hand..."
69. "____ the other hand..."
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111. "____ the other hand..."
112. "____ the other hand..."
113. "____ the other hand..."

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



- actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. "Fumbling Towards ___": 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	8	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

5		1	6	3
1	5	3	2	
6			1	
3	8	9	6	1
9				1
7	4	1	9	
2			7	
8	6	2	1	
3	9	5		4



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